

THE SOLDIER/FAMILY DEPLOYMENT SURVIVAL HANDBOOK



OPERATION
READY
Resources for Educating About Deployment and You



The Soldier/Family Deployment Survival Handbook

Family Deployment Readiness for the Active Army, the Army National Guard, and the Army Reserve

This handbook is a new publication of the Operation READY (Resources for Educating about Deployment and You) materials developed under a contract with Headquarters, Department of the Army, Community and Family Support Center, and the Texas Cooperative Extension of the Texas A&M University System.

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Operation READY: Resources for Educating About Deployment and You

**Texas Cooperative Extension
The Texas A&M University System
in cooperation with
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HOW TO USE THIS HANDBOOK

This handbook is divided into three sections:

- # The first is an information section covering the many details of deployment separation that families need to know. Read this for information so you'll be ready for the deployment when it comes.
- # A special section for Guard and Reserve families is included, with information unique to their situations.
- # The third section contains resources, including an alphabetical listing of local services, agencies, and programs; checklists for soldier and spouse; and a financial worksheet.

The resource section also includes problem-solving matrices, showing solutions to some of the common problems experienced in a deployment. If you're having a problem in one of these areas, find the problem area in the Table of Contents that fits your situation, and follow the arrows on that matrix to the solution. Note the section that applies to families living overseas (USAREUR). The information there is applicable to their unique situations.

Units may customize this handbook by providing local phone numbers, unit information, and adding other items the unit sees as appropriate for their soldiers and families. **This should be a living document, updated regularly, and reissued for each deployment.** The following items should be customized by each unit:

- # "Alphabetical Listing of Services, Programs, and Centers" (page 51).
- # "How Can I Get Medical Attention?" (page 78). Add your local medical services information on this page.
- # "How Can I Solve Problems with My Children?" (page 86). Add your Family Advocacy phone number to this page.

Due to the various types of printers being used in the units, please note that this file was reformatted to your printer when it was opened, which may have caused the page numbers mentioned in this document to be slightly different. We have tried to minimize this problem by referring you to specific items in the Resources section rather than to specific page numbers. However, you may want to verify the accuracy of the following page numbers that have been mentioned:

- # *the page numbers mentioned in the previous paragraph,*
- # *the Table of Contents, and*
- # *the page numbers listed on the problem-solving matrix "How Can I Help a Distressed Person?" on page 81.*

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Darmstadt Army Community Service provided the Problem Solving Matrix, which we are delighted to employ to help other Army families solve their deployment problems.

OPERATION READY MATERIALS

The Operation READY curriculum is a series of training modules, videotapes, and resource books published for the Army as a resource for Army Community Service (ACS), State Family Program Coordinators (SFPC), and Army Reserve Family Readiness Program (FRP) staff in training Army soldiers and families who are faced with deployments.

This revised curriculum includes the following training modules and reference materials:

- # The Army Family Readiness Handbook
- # The Army Leaders' Desk Reference for Soldier/Family Readiness (new)
- # The Soldier/Family Deployment Survival Handbook (new)
- # The Army FRG Leader's Handbook
- # Family Assistance Center
- # Predeployment and Ongoing Readiness
- # Homecoming and Reunion

Videos developed for the Operation READY curriculum by University of California–Riverside Cooperative Extension, to supplement the above materials are:

- # *Army Community Service: To Get the Most Out of Life, Think ACS* (new)
- # *Introduction to Operation READY* (new)
- # *Family Assistance Center*
- # *Family Readiness Groups—A Place to Belong*
- # *Practical Readiness—Smart Ways to Minimize Deployment Hassles*
- # *Coping with Stress*
- # *Making Your Reunion Work*

Children's Workbooks for use by parents with their children.

These materials have been distributed to all U.S. Army installations throughout the world, as well as to U.S. Army Reserve and National Guard commands. The materials are distributed in hard copy form as well as stored on CD-ROM disks. They are also available through the virtual Army Community Service website, www.goacs.org. For copies of the above materials, check with your local Army Community Service, Mobilization and Deployment office, SFPC and FRP offices.

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